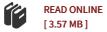




From Pre-Menstrual Syndrome (PMS) to Positive Mental Attitude (Pma): A Change Management Guide for Women (and Their Men) (Paperback)

By Nola Hennessy

Serenidad Consulting Pty Ltd, 2013. Paperback. Condition: New. Edition 1, Refreshed in 2016 ed.. Language: English . Brand New Book ***** Print on Demand *****. The multi award-winning, sequel and companion book to No Boxing Allowed, this compassionate and easy-to-read Change Management Guide for Women (and their Men) has already won 6 awards across the USA during 2012 and 2013. From Pre-Menstrual Syndrome to Positive Mental Attitude is written by the woman who s been there, found the cure and lived through the continual self-testing and validation in order to show women and men around the globe the very bright light at the end of the proverbial tunnel! Nola blows the myths of Pre-Menstrual Syndrome (PMS) and that women and men think differently right out of the water. Readers are challenged to manage change; shown the real cause of PMS and how to recognize, remove and grow beyond self-imposed barriers, and destructive behaviors and attitudes; focused positively on the future; and enlightened to a whole new way of relating and living using a Positive Mental Attitude (PMA). This book s value as a reference text in anti-violence, child/welfare and family relationships is growing each month around the globe. About the...



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